



The Island Vegetarian

Quarterly Newsletter of the Vegetarian Society of Hawaii

SUPPORTING HEALTH, ANIMAL RIGHTS, AND ECOLOGY

Volume 23, Issue 1, January-March 2012

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Coming up:

SARAH TAYLOR, MBA

“VEGETARIAN TO VEGAN”

Saturday, January 21st, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

CATHERINE BLAKE

**“THE MAUI LIGHT COOKING DEMO:
7 WAYS TO PERFECT HEALTH”**

Saturday, February 18th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

ROBYN OPENSHAW

**“TEN MINUTES A DAY
TO SPECTACULAR HEALTH”**

Saturday, March 17th, 7 p.m.

McCoy Pavilion, Ala Moana Beach Park

See page 10 for more details,
including Maui meeting times.

Vegan diet holds hope to stem climate change

by Scott Owen Snarr, Editor

The world raises ten farmed animals for every living person. These livestock weigh eight times as much as all the wildlife on Earth. They graze on an area of land nearly as large as North and South America combined. For every bowl of grain eaten by humans, another one is fed to livestock. In the past sixty years, in which the human population has doubled, meat production has sextupled. The livestock overpopulation is a far greater threat to the climate than the human population alone, warn scientists at the The World Preservation Foundation in a new report entitled *Livestock Production and Shorter-Lived Climate Forcers*.

Some scientists have recognized that the goal of limiting climate change to a 2°C rise in temperature cannot be achieved by reducing carbon dioxide only; other factors must be addressed as well. Many of the shorter-lived *climate forcers* — namely methane, tropospheric ozone, and black carbon — can be traced to meat, milk, and egg production. Although they break down faster than carbon dioxide, they carry a tremendous warming capacity in the short term.

Methane has 72 times the warming potential of carbon dioxide over a twenty-year period, and at least a third of human-caused methane emissions come from livestock.

Tropospheric (ground-level) ozone is created when sunlight reacts with methane or other elements in the atmosphere. This greenhouse gas currently contributes a fifth as much to global warming as does CO₂, though it lasts for only twenty days. It also causes smog. Controlling methane emissions by reducing livestock numbers is the key to reducing tropospheric ozone.

Black carbon particles, which come from incomplete combustion of fossil fuels, last only a few weeks but may be responsible for as much as 40% of global warming. Open fires generate 42% of the black carbon in our atmosphere, and 80 to 90% of those fires are deliberately lit, mainly for creating and maintaining pasture or clearing space to grow feed for livestock. Open fires also contribute 15% of global CO₂ emissions and are a primary cause of deforestation.

The livestock overpopulation is a far greater threat to the climate than the human population alone.

(see *Climate*, page 2)

The Island Vegetarian

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Visit our website for a restaurant guide, TV and meeting schedules, newsletter archives, and more.

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Mahalo to all our volunteers!

The opinions expressed in this newsletter are those of the writers and not necessarily those of the Vegetarian Society of Hawaii.

The information contained in this newsletter is for educational purposes. It is not intended as medical advice, and it is not intended to replace the advice of a qualified, licensed medical practitioner.



IN THE NEWS

Climate from page 1

Reducing short-lived climate forcers is not a substitute for tackling CO₂, but it is a feasible, inexpensive course of action that would provide crucial short-term benefits while longer-term solutions for CO₂ are devised and implemented.

The authors of the report argue that since livestock production is the primary anthropogenic source of methane, black carbon, and ground-level ozone (indirectly) and is also a major source of CO₂, a wide-scale adoption of a meat- and dairy-free diet is the most achievable means of battling climate change. "Livestock reduction offers the most effective, least-cost option for reducing both short-lived climate forcers and for drawing down legacy carbon dioxide."

With fewer livestock, pastures and savannas now devoted to grazing or growing feed could be reforested. The new growth would sponge up some of the residual carbon dioxide from the atmosphere.

The report urgently recommends that policymakers end "perverse subsidies" for animal growers, promote vegan diets, and manage land by curtailing open burning and encouraging reforestation of grazing lands.

They write, "Even though [diet] seems to be a personal issue, we can no longer consider it to be so when the consequences of consuming meat and dairy are so far reaching and the need for action is imperative."

G.W. Bisshop & L. Pavlidis. (2011). Livestock Production and Shorter-Lived Climate Forcers. Retrieved from World Preservation Society website: www.worldpreservationfoundation.org

Shift in diets would boost food supply

by Scott Owen Snarr, Editor

Growing crops directly for human consumption rather than for livestock or biofuels could increase global food production by 50% while protecting the environment, according to new research published in the journal *Nature*.

Consulting crop records and satellite images, the researchers came up with new models to help them devise a plan that could double the world's food supply and help to alleviate widespread hunger and accommodate a growing world population.

In addition to redirecting agriculture toward direct human consumption, the researchers recommended reducing waste, improving crop yields, halting farmland expansion and land clearing, and strategically reallocating water, nutrients, and agricultural chemicals to places where they are needed.

"For the first time we have shown that it is possible to both feed a hungry world and protect a threatened planet," says Jonathan Foley, head of the University of Minnesota's Institute on the Environment and lead author of the study. "It will take serious work. But we can do it."

Source: McGill University Feeding the World While Protecting the Planet. 11 October 2011. Retrieved from www.Eureka.com.

J.A. Foley, N. Ramankutty, et al. Solutions for a Cultivated Planet. Nature 478, 337–342. 12 Oct 2011. DOI: 10.1038/nature10452



Health Update

Eating eggs promotes prostate cancer

Eating eggs is linked to prostate cancer, according to a new study funded by the National Institutes of Health. Men who consumed 2.5 eggs a week increased their risk for a deadly form of prostate cancer by 81% compared with men who consumed less than half an egg a week.

Researchers followed 27,607 men who were part of the Health Professionals Follow-up Study from 1994 to 2008. For men who already had prostate cancer, eating poultry and processed red meat increased their risk of death.

E.L. Richman, S.A. Kenfiel, M.J. Stampfer, E.L. Giovannucci, J.M. Chan. Egg, red meat, and poultry intake and risk of lethal prostate cancer in the prostate specific antigen-era: incidence and survival. Cancer Prevention Research. Published online 19 September 2011. DOI:10.1158/1940-6207.capr-11-0354.

Veggie diets, exercise lower diabetes risk

New research shows that following a vegetarian diet and exercising at least three times a week significantly reduced the risk of diabetes in African Americans, who are twice as likely to be diagnosed with diabetes and more likely to suffer from diabetes-related complications than non-Hispanic whites. The study was published in the October issue of *Nutrition, Metabolism & Cardiovascular Diseases*.

Compared to nonvegetarian blacks, vegan blacks had a 70% reduced risk of diabetes, and ovo-lacto-vegetarian blacks had a 53% reduced risk. Black participants who exercised three or more times a week had a 35% reduced risk compared to those who exercised once a week or less.

The findings used prospective data of 7,172 black Seventh-day Adventists participating in Adventist Health Study-2.

The study also analyzed data of 34,215 nonblack Adventists and found similar protections against diabetes for a vegetarian diet. These findings confirm results from past cross-sectional research that showed a vegetarian diet offered protection against diabetes.

S. Tonstad, K. Stewart, K. Oda, M. Batech, R.P. Herring, G.E. Fraser. Vegetarian diets and incidence of diabetes in the Adventist Health Study-2. Nutrition, Metabolism and Cardiovascular Diseases. Published online 7 October 2011. ISSN 0939-4753. DOI: 10.1016/j.numecd.2011.07.004.

Fruits, veggies, grains guard against strokes

Swedish women who ate an antioxidant-rich diet had fewer strokes regardless of whether they had a previous history of cardiovascular disease, according to a study reported in *Stroke: Journal of the American Heart Association*.

For women with a history of cardiovascular disease, higher total antioxidant capacity (TAC) was related to lower stroke rates. Those in the highest three quartiles of dietary TAC had a 46% to 57% lower risk of hemorrhagic stroke compared with those in the lowest quartile.

Among women without heart disease, those with the highest levels of TAC had a 17% lower risk of stroke compared to those with the lowest levels of TAC. Consuming fruits and vegetables accounted for 50% of high TAC levels, followed by whole grains (18%), tea (16%), and chocolate (5%).

“This means people should eat more foods such as fruits and vegetables that contribute to total antioxidant capacity,” said Susanne Rautiainen, M.Sc., the study’s first author and Ph.D. student at the Karolinska Institutet in Sweden.

For the study, researchers used the Swedish Mammography Cohort to identify 31,035 heart disease-free women and 5,680 women with a history of heart disease in two counties. The women were 49 to 83 years old. Researchers tracked the cardiovascular disease-free women for an average 11.5 years and the women with cardiovascular disease for 9.6 years.

S. Rautiainen, S. Larsson, J. Virtamo, A. Wolk. Total antioxidant capacity of diet and risk of stroke: a population-based prospective cohort of women. Stroke: Journal of the American Heart Association. Published online 1 December 2011 DOI: 10.1161/strokeaha.111.635557.

Winter Calendar

January:

16: Martin Luther King, Jr. Day
28: World Day for Abolition of Meat

March:

Meat-free Month (UK)
National Nutrition Month (US)
15: World Consumer Rights Day
20: Great American Meatout
21: World Forest Day
22: World Water Day



Local Happenings

First Lady visits

Ma'ō Farms

by Frank De Giacomo

First Lady Michelle Obama recently visited Ma'ō Farms in Waiānae, a nonprofit organic farm that takes at-risk kids from poor neighborhoods and gives them money for college in exchange for their work. It is the genesis of a grassroots vegan revolution — and nobody knows it yet — not the First Lady, nor Ma'ō farmers.

Mrs. Obama is reviving the “radical agenda” that kids should eat more vegetables. It's the same thing that today's great-grandparents were saying to their kids in the '50s — an old idea embraced by people from across the political spectrum. It isn't asking people to go vegan; it's asking them to allocate more space on their plate for vegetables — ergo, less space for animal products. It seems that Americans are eating as much food as they possibly can, so by default, if they are eating more vegetables and fruits, they are eating less meat and dairy — weaning them from their meat addictions.

The First Lady takes a grassroots activist approach. She is promoting gardening in schools and at home, community by community. Apparently, kids who raise vegetables don't

say “yuck” when a spoonful of them is put on their plate, and then they grow up to eat more of them. She's also encouraging schools to serve more vegetables. For their part, Ma'ō Farms teaches the kids, sends them to college, and has them go out into the community to educate others. Perhaps some of them will grow up to run their own veggie farms one day and get fresh, affordable produce into other poor communities that do not yet have access. These young activists are bringing vegetables home to their parents and even going so far as to cook them.

These young activists are bringing vegetables home to their parents and even going so far as to cook them.

Mrs. Obama has done it all, not only with her “eat your veggies” message, but also by encouraging youth to exercise so they will eat less overall (in other words, get farther away from the fridge), thereby eating fewer animal products. She also promotes local and organic produce.



Photo: WhiteHouse.gov

First Lady Michelle Obama works alongside a young woman on Ma'ō Farms in Waiānae to promote fruits and vegetables as part of a healthy lifestyle. The organic farm helps teens earn money for college.

Sadly, the McDonald's drive-through was buzzing during her event while the only ones at Kahumana Organic Farm and Café next door were lost reporters asking for directions. The animals need more rowers in this canoe named “Let's Move!” Hopefully others will help row, too.

Vegetarian Congress coming to West Coast

by Eva Uran, VSH member

If you plan to visit California in 2012, you may want to hold off until October. The International Vegetarian Union (IVU) is planning to hold its 40th International Vegetarian Congress in San Francisco October 5th through 11th. For details visit www.ivu.org/congress/2012.

In checking the history sublink, I noted that this is the first time that this international congress is to take place on the West Coast, an easy flying distance from Hawaii. I was thrilled to find this out by chance since I plan on visiting California this year.

So far I have attended three different congresses: Jerusalem, Israel in 1969; Bangor, Maine in 1975; and Baltimore, Maryland in 1984. I found all three events exciting and educational. I met interesting vegetarians from all over the globe and made a few pen friends.

The second one brought me to Maine for the first time. I made new friends, and we enjoyed a side trip to the homestead of the late Scott and Helen Nearing, authors of *Living the Good Life*.

In 1984, at the third Congress I attended, I camped out at the university campus in Baltimore among other legal campers; it was the cheapest accommodation. At nights after the lectures we sat around the TV in the lobby and watched the Los Angeles Summer Olympics and enjoyed the

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camaraderie. One night a storm toppled several tents. Luckily I wasn't outside at the time since I had fallen asleep on the couch during an intermission in the women's gold medal volleyball match and didn't wake up until it was over. When I returned to the tents, I was glad to find that mine was still standing. There were also side trips to Washington, D.C. and to the shoreline. All in all, it was a great adventure.

This year there will be side trips to the city's monuments including, of course, Golden Gate Park. More details will follow. October is a good month to visit the Bay Area, as it is sunnier than at other times, thanks to the early autumn Santa Ana winds that dissipate the notorious summer fog. You can get a gorgeous view of the Bay from the Golden Gate Bridge.

Mark your calendars and take advantage of this rare opportunity.

VSH connects with shoppers on World Vegetarian Day

by Lorraine Sakaguchi
VSH president

In celebration of World Vegetarian Day VSH staged a table at Down to Earth on King Street on Saturday, October 1st.

That afternoon we set up our VSH table with the help of Down to Earth staff member Andy Malin, who also checked on us later to see if we needed any more help. Over the next four hours, Jim and Nyssa Thompson, Anjie Pham, and I were thrilled to speak with many people about becoming vegetarian and invite them to our October public lecture with VSH's own Dr. Steve Blake.

We bought packages of Go Raw organic carrot cake super cookies to give out individual samples to our

table visitors, who were amazed at how delicious they were, and we were constantly asked to point them out on the store shelves.

We signed up seventeen new members as well, thanks largely to Nyssa, our first-time table staffer, who signed up more new members than anyone else.

Thanks much to Down to Earth's Frank Santana and Saradha Johnson for their help in making this outreach event possible.

VSH joins celebration of Gandhi's birthday

by Lorraine Sakaguchi
VSH president

After having such a positive experience at Mahatma Gandhi's birthday celebration last year, we decided to participate again this year.

VSH was invited by Dr. Raj Kumar, president and founder of the Gandhi International Institute for Peace. He has organized a multicultural interfaith observance ceremony of Gandhi's Birthday and the International Day of Nonviolence in front of Mahatma Gandhi's statue at Kapiolani Park for the past six years.

At our tent we gave out free literature and water. VSH treasurer Anjie Pham set out a video display and gave out literature and DVDs for World Farm Animals Day, which coincided with the occasion.

We shared our tent with the cheerful presence of Trisha "Mama T." Gonsalvez and Andrea Bertoli from Down to Earth. They brought with them a beautifully decorated table and a supply of vegan refreshments. Hungry attendees ate delicious



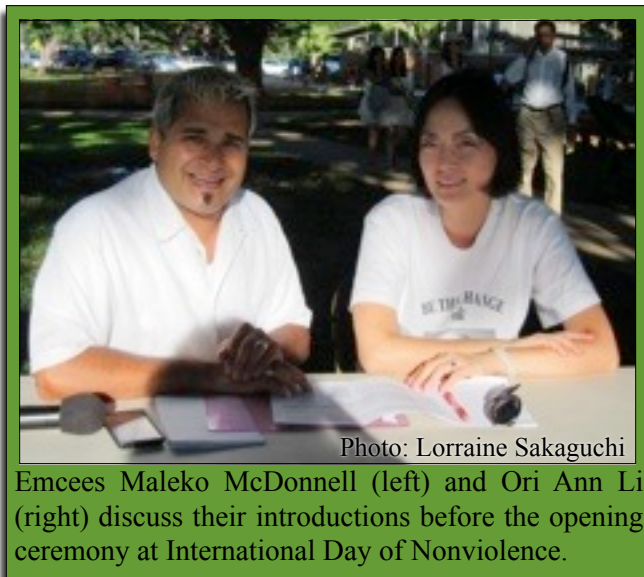
Dr. Raj Kumar (left) of the Gandhi International Institute for Peace welcomes VSH president Lorraine Sakaguchi (right) to the annual celebration of nonviolence at Kapiolani Park.

samples of mock chicken salad, tortilla chips, and bananas. Dr. Kumar told me that Mama T. and Andrea's table was a highlight of the event.

Although our table was secondary to the formal ceremony and entertainment, we talked with many people about becoming or being vegetarian or vegan and signed up two new members.

We got to do all this as the sun set over the ocean at Waikiki Beach, capping a beautiful late afternoon at Kapiolani Park, celebrating peace and the birthday of Mahatma Gandhi, one

(continued on page 6)



Emcees Maleko McDonnell (left) and Ori Ann Li (right) discuss their introductions before the opening ceremony at International Day of Nonviolence.



Photo: Jim Thompson

Down to Earth cooking instructors Andrea Bertoli (right) and Mama T. Gonsalves (center) share vegan pupus with local health expert Terry Shintani, M.D. (left) on International Day of Nonviolence.

(continued from page 5)

of the world's most influential vegetarians, and bringing attention to the farmed animals that he also wished to help.

Thanks to all those who were there to assist with this occasion.

Brutishness as usual for cattle exporters

by Cathy Goeggel
Animal Rights Hawaii

The ups and downs of the cattle industry in Hawaii over the past 20 years have been huge in scope — and still the largest ranches (over 1 million acres) have survived and are doing better than ever.

Whilst Hawaii continues to import thousands of pigs annually just for slaughter, over 50,000 calves are sent from Hawaii to the Mainland for pasturage or feedlots and eventual slaughter as far east as Texas. What is marketed as “Hawaiian beef” will have spent only the first few months of life on the islands. The high cost of

shipping feed to the islands is one reason.

The Jones Act of 1921 prohibits the transport of cargo between two American ports on foreign carriers, so cattle travel either on 747s or on a Coral Lines Danish multideck special

cattle transport from Kawaihae to Canada. They sometimes also travel on *cowtainers* (regular 40-foot long containers modified to carry small cows — up to 52 inches tall) starting on the Big Island in barges and then on Matson ships. Calves sent in these containers suffer a lot because

the journey takes up to nine days. The interisland containers do not allow for feeding and watering; transoceanic ships are not allowed to wash down the containers within 200 miles of the U.S. coast, so the cows receive no food or water during the initial and ending stages of the journey. Some members of VSH successfully lobbied against the state's paying for the cowtainers several years ago.

The cattle industry is now pushing for more taxpayer dollars to underwrite the building of more slaughterhouses and rendering plants in Hawaii. They are also promoting grass-fed beef, and the Hawaii Cattle Producers' Cooperative Association (HCPCA) is marketing “Hawaii Red Veal” as healthy and humane!

Furthermore, there is an interesting nexus between Whole Foods — which has promoted its grass-fed beef relationship — and Maui Cattle Co. John Mackey, founder and CEO of Whole Foods, is a member of the Board of Directors of The Humane Society of the United States (HSUS) and promotes the Global Animal Partnership (GAP) that advocates for

“humane” meat. Miyun Park, a founder of Compassion over Killing — a vegan advocacy organization — and a former HSUS employee, is now Executive Director of GAP. One of GAP's partner ranchers is Dan Probert, owner of Country Natural Beef, which provides beef from

Hawaii as well as other mainland sources for Whole Foods.

The corporatization of the animal rights movement is a disturbing trend. If your head is spinning, you are not alone.

Check out humanemyth.org for more on this issue.

Mahalo nui to Merritt Clifton, editor and founder of ANIMALPEOPLE for providing invaluable insight and sharing his files. His site is well worth visiting: www.animalpeoplenews.org



WANTED

The editor of *The Island Vegetarian* is looking for an aspiring writer to cover events on Oahu or Maui for our newsletter's Local Happenings section and to take on other assignments. This would amount to about six to ten articles over the course of a year.

There is no pay, but with guidance and feedback you will gain valuable writing experience and start building your writing portfolio.

If this opportunity interests you, please send a brief statement about yourself to newsletter editor Scott Owen Snarr.

TheIslandVegetarian@gmail.com

Local Happenings

VSH reached out to students at the University of Hawaii Campus Center on World Vegan Day, November 1st. Left to right: Lorraine Sakaguchi, Karl Seff, Anjie Pham, Denise Snyder, Sachin Ruikar. ➔

Loving Hut on King Street opened its doors late to welcome a score of people who came to enjoy dinner in the company of VSH October speaker Steve Blake (seated at far left corner of table). To find out about upcoming speaker dineouts, visit the Vegetarian Society of Hawaii page on Facebook. ↓



Following Ori Ann Li's December 17th cooking demonstration at McCoy pavilion, an entourage joined her for a vegan dinner at Simple Joy Vegetarian Cuisine. (Left to right) Back: Kim Case, Xavier Tézenas du Montcel, Tom Tong, Lorraine Sakaguchi, Chin Lin, Karl Seff, Anjie Pham, Craig Twentyman, Leona and Owen Chock, John Cerizo. Front: Sylvia Himeda, Hillery Hanby, Ori Ann Li, Chuck Anthony, S. K. Kamlesh. ↓



Photo: Jim Thompson

Ori Ann Li drew on Zen and Tao wisdom in her meditative demonstration of The Tao of Ratatouille at the Still and Moving Center in Honolulu on September 17th. She was assisted by French exchange student Xavier Tézenas du Montcel, who inherited the recipe from his mother. The video can be viewed at www.vsh.org. ↑



The twenty-first VSH Thanksgiving Eve dinner at the spacious McCoy Pavilion in Ala Moana Park had the largest turnout so far, with over 300 celebrants. Left to right: Bali Fergusson, Mark Fergusson, S. K. Kamlesh, Ori Ann Li, Madana Peatross, Sandy Fergusson. ➔



Photo: Lorraine Sakaguchi



VSH Events on Oahu & Maui

October



Steve Blake, Sc.D. explained what he found in the scientific studies that touched on the dietary risk factors for dementia and Alzheimer's disease.

November



Photo: Lorraine Sakaguchi

Dr. S. K. Kamlesh introduced the audience to a vast array of spices and shared some delectable dishes of his own making.

December



Photo: Steve Blake

Ori Ann Li's holiday treats were delicious, visually appealing, and packed with nutrition. Among them were Holiday Vegetable Tarte, Chocolate Pearls, and pumpkin soup.

See these and other talks online at www.vsh.org.

Donate, join, or renew today!

Vegetarian Society of Hawaii Membership Application/Renewal Form

Please Print

Name(s): _____

Street: _____

City: _____

State, Zip: _____

Home Phone: (____) _____

Work Phone: (____) _____

E-Mail: _____

_____ D _____ Ex _____

Yes, please enroll me as a member. My dues are enclosed (add \$7 per year for a foreign address):

1 yr. 2 yrs. 3 yrs. 4 yrs. 5 yrs.

\$25 \$48 \$68 \$85 \$100
Regular

\$15 \$30 \$45 \$60 \$75
Full-time student

\$38 \$72 \$102 \$128 \$150
Couple or Family

Life membership \$500

\$_____ additional tax deductible donation

Contact me about volunteer opportunities.

Please check one:

Vegan (no animal products at all)

Vegetarian (no flesh, fish, or fowl)

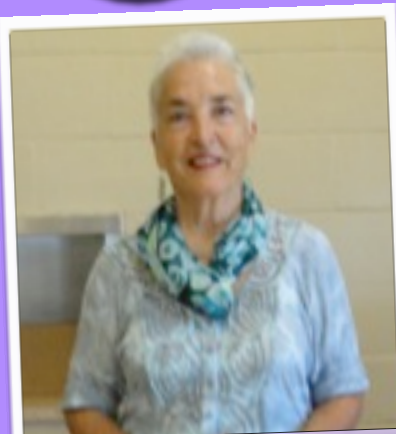
Associate (not yet a vegetarian)

**SAVE
on multiyear
memberships
or renewals.**

**Members receive a
quarterly newsletter
and discounts at
vegetarian-friendly
restaurants and
health food stores.**



VSH Events on Kauai



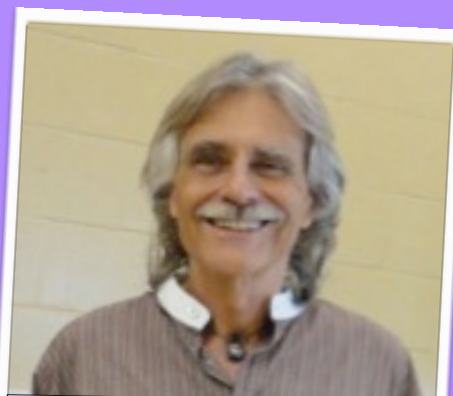
At the October gathering Leonora Orr elucidated "The Palatable Palette: Eating by Color."



Nina Monasevitch shares her November winning recipe for healthy lentil soup on page 15.



In October Petra Sundheim was named the recipe winner for the second month in a row, this time for her Pesto Pasta.



In November Gordon LaBedz, M.D. refuted the pros and expounded on the cons of eating fish.



In "What it Means to Be a Vegetarian," December speaker Kimie Sadoyama demonstrated a seaweed dish with ingredients donated from Papaya's Natural Foods.



Tom Eisendrath's Eggplant and Potato Stir Fry was judged December's best recipe.

Monthly vegan potluck luncheons and lectures are held at 12:30 p.m. on the first Sunday of each month at the Kapaa Neighborhood Center on Kauai. Admission is free for those who bring a dish. All others are welcome with a \$5 donation.

Photos: Jim Brown



Calendar of Events January-March 2012

SARAH TAYLOR, MBA

“Vegetarian to Vegan”

**Saturday, January 21st, 7 p.m.
McCoy Pavilion
Ala Moana Beach Park**



Many people have taken the pledge to become vegetarian, whether for health, animal rights, environmental, or spiritual reasons. Yet few have taken the ultimate step of giving up all animal products and becoming fully vegan. In her talk Sarah Taylor will show you why going vegan can be much easier than you thought. She will also give you some surprising facts about egg and dairy products that will make you think twice about what is on your plate.

*Sarah Taylor is the author of **Vegan in 30 Days**, and her new book, **Vegetarian to Vegan**, will be available in 2012. She holds a Certificate in Plant-Based Nutrition from Cornell University and is on the faculty at the Nutritional Education Institute. She has worked as the Motivational Trainer for Joel Fuhrman, M.D., author of **Eat to Live**. She has been interviewed on countless radio and Internet shows, including shows on NPR, PBS, and EarthSave Radio. In her free time she enjoys playing tennis, race-walking, adventure traveling, and studying spirituality. She is also on the Board of Leilani Farm Sanctuary, a sanctuary for rescued farmed animals on Maui.*

**Ms. Taylor will also be speaking on Maui:
Thursday, January 19th, 7 p.m.
Kaunoa Senior Center, 401 Alakapa Place, Paia**

CATHERINE BLAKE

**“The Maui Light Cooking Demo:
7 Ways to Perfect Health”**

**Saturday, February 18th, 7 p.m.
McCoy Pavilion
Ala Moana Beach Park**



In this “Maui Light” cooking demo you will learn how and why to choose foods that are perfect for your overall well-being. We all make food choices daily, but are these choices good for us in the long run? Learn quick, healthy, yummy recipes to impress your loved ones. Discover tricks and tips for streamlining meal preparation. Ono taro leaf soup, apple-celery-ginger wake-up juice, Best Friends, and toasty garlic gomasio will delight you and help keep you well. Create a healing kitchen in your own home.

*Televised chef Catherine Blake has been preparing whole food, plant-based meals daily for over twenty years. With a background in nutrition and natural healing, she has been a Kitchen Health consultant since 1990. In 2007 she earned a certificate in nutritional biochemistry. Catherine has been teaching healthy cooking classes at the University of Hawaii on Maui in the VITEC program since 2008. She is author of **Healthy Recipes for Friends, Soothing, Simple, and Pure**. She lives on Maui with her husband Steve, four cats, twenty hens, fifteen roosters, and visiting feral pigs. See natural healthwizards.com/about-us.html*

**Ms. Blake will also be speaking on Maui:
Thursday, February 16th, 6:30 p.m.
Down to Earth (upstairs), 305 Dairy Road, Kahului**

GREEN SMOOTHIE GIRL

ROBYN OPENSHAW

“Ten Minutes a Day to Spectacular Health”

Saturday, March 17th, 7 p.m., McCoy Pavilion, Ala Moana Beach Park



Robyn Openshaw teaches a high-energy class that educates and inspires people to achieve optimal health through a whole-food, mostly living, plant-based diet. She demonstrates a way to spend ten minutes in the kitchen to beat the Standard American Diet by 750% and see weight loss, energy gains, and better digestion.

*A mother of four teenage athletes, Robyn Openshaw founded **GreenSmoothieGirl.com** in 2007, which now gets 80,000 hits monthly. Her mission is to help and inspire people to achieve vibrant health through whole-food nutrition. She has taught at Brigham Young University, and she lectures all over the United States. She has published nine books, including the bestselling **The Green Smoothies Diet and the Twelve Steps to Whole Foods** course. She has received degrees from BYU and the University of Utah. She is currently on a worldwide tour studying nontoxic cancer treatment.*

**Ms. Openshaw will also be speaking on Maui, Thursday, March 15th, 6:30 p.m.
Down to Earth (upstairs), 305 Dairy Road, Kahului**



Around the World

Vegan survival in Germany and the Czech Republic

by Karl Seff, Ph.D
VSH Board member

I had no trouble being vegan during my two weeks in Prague, Dusseldorf, and Berlin in October. I began with a list of twenty-seven vegetarian restaurants in Prague with descriptions and ratings from *HappyCow.com*. However, in my experience such lists are not needed. One can get by nicely and enjoy some positive experiences in one's own neighborhood without hunting down restaurants far afield.

Around the block from my hotel, for example, was a Loving Hut, and I had my first big dinner there. Another



half a block away was a Govinda's. Altogether Prague had three Loving Huts, two Country Lifes, four Dhaba Beas (Indian cuisine), and two Govinda's locations. During my three days there my hosts took me to a Country Life and a Dhaba Beas. On another day they sent out for a Vietnamese lunch, allowing me to select my fare from an online menu.

In all cities, grocery stores are a big resource for people who don't need cooked meals all the time. There you can buy foods that you may have never seen before that are imported from various nearby countries, and you can read labels. I enjoyed mushrooms, two large apples, radishes with their greens, a hard pear, many tomatoes from Holland, bananas from Africa, a cucumber, a German-style three-bean salad with potatoes, and some olives from Greece. With whole-grain Czech and German breads from the bakery and something to drink, I had some very satisfying fat-free meals in my hotel room.

My friend in Dusseldorf was very worried that there would be nothing for crazy old me to eat in her city. She had located a pizza place with a vegan cheese option a long trolley-ride away. However, we ended up having all of our meals in a bakery and a restaurant just two blocks from her apartment. The restaurant served beautiful bruschetta with salad, and on another occa-

sion it offered a lovely plate of tomato and feta cheese (slices alternating in a circle). The waiter understood the instructions without hesitation: "but no cheese, twice as much tomato, please" or "aber kein kase, zwei mal tomat, bitte." The cumin dressing was super. My friend was truly surprised.

Berlin was much the same. Menus posted outside restaurants usually had vegan options. Still, to economize, to avoid grease and meals high in carbohydrates and tiny in veggies, and to be really vegan-safe, I had most of my meals, still very German, in my room. I could have gotten a vegan sandwich from Subway; Berlin had them.



Photo: Karl Seff

Vegans can get much of their daily fare from neighborhood grocers like this fruit and vegetable stand in Prague, run by a Vietnamese immigrant family.

A night in a European hotel generally comes with a buffet breakfast. It is usually easy to eat vegan at them, but I opted out in Berlin. In Prague my host had warned the hotel staff of my dietary needs, and I was provided each morning with a plate of sliced tomatoes, radishes, cucumber, and yellow or red bell pepper. I thought it strange initially, but three days later I was hungry for it. It came with coffee, and I added some bread and jam to round out the meal.

Don't underestimate the vegetarian and vegan natures of European countries.



Photo: Karl Seff

This bruschetta from Café de France in Dusseldorf is made from thick, toasted slices of French bread piled with fresh-cut tomato chunks, seasoned with onion, salt, vinegar, and olive oil, and topped with lettuce and baby scallion sprouts.



Animal Rights Arena

Greener pastures

New kid on the farm

by Laurelee Blanchard
VSH Board member

One February morning six years ago Bill Giles of Maui went to Foodland to buy some groceries and purchased a goat instead.

As he was walking across the parking lot, he heard a cry coming from inside a parked car. In the back seat he saw a hogtied goat in distress. The car doors were locked, so he frantically waited there, making eye contact with the goat until three men approached. The men explained that they had just purchased the goat from a dairy farm and planned to butcher him that weekend for a barbecue. Bill pleaded with the men to relinquish the goat, but they refused. Unable to shake the thought of the helpless goat becoming hunks of roasted flesh, Bill decided to buy the goat from the men.

He named him Ned and brought him to Leilani Farm Sanctuary.

On the dairy farm where Ned was born he had no legal protection from abuse. Goats and other animals raised for meat and dairy are excluded from state anticruelty laws and from the federal Animal Welfare Act. Goat farmers typically regard their goats as money-making commodities, cramming as many as possible into paddocks that lack pasture grass. The goats usually live on barren dirt, surrounded by flies, with little room to exercise. They often suffer from physical and psychological disorders. Male kids, like Ned, are sold for meat.

A sweet and gentle soul, Ned seems to have forgotten his ordeal. He and his goat friends spend their days lounging under fruit trees in an orchard, grazing on lush grass in the pasture. He loves to eat lychees, starfruit, guavas, and mangos, which he reaches with his forelegs. Although Ned is our farm's biggest, most imposing-looking goat with the largest horns, he is by far the gentlest of the herd. He always looks directly into the eyes of his caretakers and farm visitors.

Those of us who have enjoyed the rich experience of spending time in the company of goats understand that like other animals

used for dairy and meat production, they are as sensitive, loving, and capable of suffering as our companion dogs and cats.

Goat's milk and cheese are sold in natural food stores under the guise of a healthy alternative to cow's milk. The goat dairy industry gives the false impression that it is a cruelty-free alternative. With the wide array of healthy nondairy products available at natural food stores, we can vote with our shopping dollars for compassion over cruelty.

Home to over 100 animals, Leilani Farm Sanctuary is located on a lush 8-acre farm in Haiku, Maui. It is an all-volunteer, nonprofit organization created to provide shelter and care for rescued animals and humane education to the community. www.leilanifarmsanctuary.org



Photo: Laurelee Blanchard

The son of a dairy goat on Maui, Ned was sold for meat. Thanks to an intervener, he was taken to an animal sanctuary, where he lives freely on abundant fruit and grass.



Photos: Laurelee Blanchard

Goat's milk and cheese are not the cruelty-free products that many consumers believe them to be. Typical goat dairies, like the one on the left, are overcrowded and filthy, offering little or no comfort. By contrast, the rescued residents of Leilani Farm Sanctuary (right) graze to their hearts' content.

Egg McMuffins stuffed with cruelty

by Mercy For Animals

A new Mercy For Animals undercover investigation into a McDonald's egg supplier, Sparboe Egg Farms, exposes the fast-food giant's secret ingredient: shocking cruelty to animals. Hidden-camera footage taken at Sparboe facilities in Iowa, Minnesota, and Colorado revealed the following:

- hens crammed into filthy wire cages with less horizontal space for each bird than a standard sheet of paper
- workers burning off the beaks of young chicks and callously throwing them into cages, some missing the cage doors and hitting the floor
- workers grabbing hens by their throats and ramming them into battery cages
- rotted hens, decomposed beyond recognition, left in cages with hens that were still laying eggs for human consumption
- a worker swinging a bird around in the air while her legs were caught in a grabbing device — described as “torture” by another worker
- chicks trapped and mangled in cage wire while others suffered from open wounds and torn beaks
- live chicks thrown into plastic bags to be suffocated.

Sadly, not a single federal law currently provides protection to birds at the hatchery, factory farm, or slaughterhouse. Furthermore, most states — including those where this investigation was conducted — have sweeping exemptions for farmed animals, which allows for abuses to run rampant without prosecution.

Consumers hold enormous power of their own in preventing animal abuse by adopting a compassionate vegan diet.

See the video at www.mcdonalds.com/cruelty.com

Horse slaughter could make a comeback

by Cathy Goeggel

Animal Rights Hawaii

Few Americans consume horses, but in Belgium, France, and Japan their flesh is considered a delicacy. In 2006 horse advocates persuaded U.S. Congress to ban horse slaughter. It would have been better to also ban the export of live horses for slaughter, as hundreds of thousands of horses have been trucked to Canada and Mexico, where animal protection laws are even laxer than in the U.S. Long-distance transport adds misery to the plight of animals destined to be eaten, and horses are particularly susceptible to broken legs when crammed into containers. (By contrast, most companion horses are brought to Hawaii by air in specially constructed stalls.)

Last October President Obama signed into law a bill reinstating horse meat inspection as a function of USDA oversight, thus opening the way to re-establishing horse slaughter. In his comments the president said that it was more humane to have horses slaughtered here in the U.S.

There is really no horse overpopulation in America. Mustangs have roamed free on the North American continent for hundreds of years and mostly live well in their environment. Sadly, however, the cattle industry, which leases vast tracts of land belonging to the the government, sees wild horses as a threat to the grasslands wanted for cattle. The cattle industry is a powerful lobby, and the mere mention of “sustainability” sends shivers down the spines of politicians.

Contact EquineProtectionNet.com to see how to help.



Television

“Vegetarian” VSH lectures

Oahu—Oceanic Cable Ch. 52
Wednesday 11 a.m.
First and third Thursdays 6 p.m.
Go to olelo.org and click on
“Oahu Channel 52.”

The shows are also on line at
6 p.m. on Thursdays.

Maui—Calabash Cable Ch. 52
Wednesday 9:30 p.m.
Thursday 5:30 a.m.

Maui schedule is at akaku.org

Big Island—Na Leo O Hawaii
Cable Ch. 54, Saturday 2 p.m.

Kauai—Ho‘ike Cable Ch. 52
Kauai schedule is at hoike.org

Online—www.vsh.org/videos.htm

Radio & Internet

“Healing & You”

Terry Shintani, M.D.
Dr. Diane Nomura
Ruth Heidrich, Ph.D.

Sundays: 8-9 p.m.
K108 — AM 1080
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[www.downtoearth.org/
free-cooking-classes](http://www.downtoearth.org/free-cooking-classes)
Or call 947-3249 for info.

The Oahu Vegan Meetup
www.veganoahu.org



Book Reviews

Forks Over Knives: The plant-based way to health

by Gene Stone (Editor)

Forewords by T. Colin Campbell, M.D., Caldwell Esselstyn, Jr., M.D.

\$13.95 (Paperback & Kindle)

224 pages

Publisher: The Experiment

June 28, 2011

ISBN-10: 1615190457

ISBN-13: 978-1615190454

Review by Ruth Heidrich, Ph.D.

If you're reading this newsletter, you probably already know that a simple change in diet has the power to prevent or reverse heart disease, cancer, diabetes, hypertension, arthritis, osteoporosis — and even erectile dysfunction! The diet put forward in this book — along with its recipes — has the power to do that and more. The research that backs up these claims is shown in more detail in its companion documentary, *Forks Over Knives*, now available in DVD. (And if you've not seen the film, please do so, as Yours



Truly appears in the film running, lifting weights, grocery shopping, preparing a dish, and eating, all the while telling the story of how this very diet undoubtedly reversed my advanced breast cancer and powered me to go on to do the Ironman Triathlon a number of times.)

This book is a helpful guide to crafting a healthy diet rich in whole foods with all the tools needed to ease the transition. It also contains 125 delicious and easy-to-prepare recipes, including two of my favorites, Sexy Raw Carrot Cake and Banana Ice Cream. The recipe contributors read like a Who's Who of the vegan community, including previous VSH speakers Dr. John McDougall and Rory Freedman.

Although the book is probably best for newbies, I'm betting that any one of us would glean some tips and new ideas from it regardless of how long we have been on the path to good health. The documentary and this companion implementation tool together are a powerfully persuasive guide for those who have not yet made the transition to a healthier way of life for themselves, for the planet, and, of course, for the animals. The impetus is there for anyone to try these delicious, healthy, easy-to-prepare recipes.



The Best Veggie Burgers on the Planet

by Joni Marie Newman

\$19.99 (Paperback & Kindle)

240 pages

Fair Winds Press

May 1, 2011

ISBN-10: 1592334768

ISBN-13: 978-1592334766

Publisher's Description:

Hold on to your buns — the Burger Revolution has begun!

The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of freshness and flavor with more than one hundred daringly delicious, internationally inspired vegan burgers — burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics, too.

The incredible recipes you'll find inside have been expertly designed to suit your every craving and desire. Here are some favorites:

- Sweet Caramelized Onion Burgers
- Korean BBQ Burgers
- Garlicky Ranch Potato Burgers
- Jalapeno Cornbread Burgers
- Curried Chickpea and Broccoli Burgers
- Three Pepper Stir-Fry Burgers
- BLT and Avocado Burgers
- Black Bean Tamale Burgers with Mole Sauce
- Oktoberfest Kraut Burgers
- Sun-Dried Tomato and Artichoke Burgers

With *The Best Veggie Burgers on the Planet*, you'll find 101 ways of looking at burgers in a whole new way. Let's get this "patty" started!

Vegan Tidbits

by Scott Owen Snarr

World's toughest woman

Twenty-four hours of crawling through mud, climbing lubricated ramps, hauling tires, enduring electric shocks, and diving into icy rivers in freezing weather is not my idea of a good time. Juliana Sproles has a different take on it.

This 43-year-old Californian won the female division of Tough Mudder, the world's harshest obstacle course. As other competitors succumbed to hypothermia, crippling injuries, and physical and mental exhaustion, Sproles and a small minority of others pushed till the end.

She credits a rigorous training regimen and a vegan diet for her success. Juliana Sproles, here's mud in your eye.

Google search: Sproles Mudder

Vegan supermarket

Europe's first all-vegan supermarket is now open for business. Located in Berlin, Veganz stocks 6,000 completely animal-free products, including locally sourced fruits and vegetables, gluten-free pizzas, spirulina algae bars, yogurts, sausages, and even gummy bears. Icons on the price tags give allergen warnings to consumers.



The number of vegans in Germany may be as many as half a million, and the store's owner, Jan Breddack, is one of them.

Source: tinyurl.com/veganz-berlin

The skinny on the fat tax

In an effort to rein in obesity, Denmark became the world's first country to impose a "fat tax." With a

16-kroner levy on each kilo of saturated fat, a pack of butter now costs an equivalent of forty-five cents more and a pound of ground beef an extra twenty cents. A bag of potato chips packs a twelve-cent premium.

The government hopes that the new tax will help tip the scales in the battle against the bulge, but only time will tell whether or not it helps the "bottom line."

Source: www.GlobalPost.com

Artichoke heart, corn & herb salad

by Leslie Ashburn

VSH member

- 2 cups corn, fresh or frozen
- 2 cups locally grown family or cherry tomatoes, sliced in half
- ¼ cup red onion, chopped
- ½ cup celery, sliced
- ¼ cup Kalamata olives, drained and sliced
- 2 Tbs. fresh basil leaves, chopped
- 1 cup artichoke hearts, cut into bite-sized pieces
- 1 Tbs. lemon juice
- 1 Tbs. olive oil
- dash of black pepper
- 1 to 2 Tbs. umeboshi vinegar
- ½ tsp dried oregano

Blanch the corn by dropping it into boiling water for about one minute. Remove it and drain off excess water. Allow to cool. Chop the tomatoes, onion, celery, basil, and Kalamata olives. Place all vegetables into a bowl and toss well with the dressing ingredients, including lemon juice, olive oil, pepper, vinegar, and oregano. Serve over a bed of fresh greens.

Leslie Ashburn is a Kushi-certified personal chef and cooking teacher. She offers a range of vegan whole foods that change stereotypes about eating healthfully. Visit her website at www.macrobiohawaii.com.

Lentil Soup

by Nina Monasevitch

Kauai recipe winner

(see page 9)

- 3 cups French green lentils
- 2 Tbs. olive oil
- 1 sweet Maui onion, chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 1 small bunch of fresh cilantro and parsley, chopped
- 1 cube vegetable bouillon
- 1½ tsp cumin
- salt and pepper to taste

Rinse lentils and cook in six cups water. In separate frying pan saute onions slowly till transparent. Add carrots, celery, garlic, cumin, salt, and pepper. Cook until veggies are tender.

Add veggie mixture, bouillon, and fresh herbs to lentils. Add more water if needed. Simmer for 10 minutes or more before serving.



SUBMISSIONS

The Island Vegetarian welcomes letters to the editor. We also welcome book, movie, and restaurant reviews and articles about various aspects of vegetarianism of up to 500 words.

All submissions must be accompanied by a full name and phone number. We reserve the right to edit for accuracy, clarity, length, and relevance to the mission of our organization.

The submission deadline for the next newsletter is March 1, 2012. Please send submissions (electronically only) to:

TheIslandVegetarian@gmail.com



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